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*Amendments to the Specification:*

Please replace the two paragraphs beginning on page 3, line 11 through page 4, line 17 with the following two paragraphs:

One embodiment of the present invention comprises a feminine hygiene article for absorption of bodily fluids. The article comprises an elongated absorbent article having a front end, a back end, a length between the front and back ends sufficient to extend from a point between the user's buttocks to a point beyond the user's urogenital area, a height less than about 2 inches, and a width sufficiently small to fit between the user's buttocks and legs without causing significant discomfort. The article is formed such that said the back end can be inserted between and retained in position by a user's buttocks while said the front end extends forward beyond the user's urogenital area, and the article does not include an intravaginal portion. Preferably, the feminine hygiene article comprises a soft material that is substantially non-irritating to human skin and membranes in the genital area. The material may be selected from bonded fabrics, woven fabrics, cellulose, paper, and combinations thereof. There may be a plurality of layers of the material. Preferably, the material is biodegradable and/or can be flushed into a sewer system. The material may be folded or rolled into an elongated coil, and the coil may be twisted or creased at a position between the front and back ends. Preferably the article has a length between about 6 inches and about 10 inches, a width less than about 1.5 inches, and/or a height between about 0.5 inches and about 1.5 inches. The article may be flexible and conformable to the shape of the body area where it is used.

Another embodiment of the present invention comprises a feminine hygiene kit. The kit includes an elongated absorbent article having a front end, a back end, a length between the front

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and back ends sufficient to extend from a point between the user's buttocks to a point beyond the user's urogenital area, a height less than about 2 inches, and a width sufficiently small to fit between the user's buttocks and legs without causing significant discomfort, wherein said the article is formed such that said the back end can be inserted between and retained in position by a user's buttocks while said the front end extends forward beyond the user's urogenital area. The absorbent article does not include an intravaginal portion. In addition, the kit includes an absorbent pad held in place between the user's panties and her urogenital area. The absorbent pad may be selected from panty liners, mini-pads, maxi-pads, and sanitary napkins.